



**DEPARTMENT OF THE ARMY
HHC, U.S. ARMY GARRISON – FRANCONIA
UNIT 26622
APO AE 09244**

IMEU-WUZ-HH

19 July 2005

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Policy Letter #12 – Weight Control Program

1. References:

- a. AR 640-15
- b. AR 600-9

2. The Army fosters a military appearance that is neat and trim. Essential to the Army's effectiveness and combat readiness are personnel who are healthy and physically fit. Weight control programs are designed to assist Soldiers in meeting these Army goals.

3. Responsibilities:

a. The commander will:

- (1) Explain the goals of the program to the Soldier.
- (2) Counsel Soldiers on all actions regarding the weight control program.

b. The 1SG will:

- (1) Weigh and tape Soldiers after every Army Physical Fitness Test (APFT), notify the commander immediately when personnel fail to meet body fat standards, and enroll personnel who do not meet fat standards into the weight control program.
- (2) Weigh and tape Soldiers on the program once a month until the Soldier meets the body fat standards IAW AR 600-9.
- (3) Make an appointment for soldiers with the Würzburg Army Hospital for nutritional guidance.
- (4) Monitor the overweight physical training, maintain progress charts, and notify the commander if personnel fail to maintain progress.

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d. Section leaders will develop a personalized program to assist the over-weight Soldier with an exercise program that will assist with initial weight loss and its maintenance.

e. Supervisors will ensure all Soldiers are enrolled in and attend nutritional instruction and physical training.

f. Individuals will strive to lose 3 to 8 pounds per month and exercise, at a minimum, five times per week.

4. Personnel who fail to meet body fat standards will be flagged and barred IAW AR 600-9 and AR 600-8-2.

DARRELL J. OTTO
CPT, SC
Commanding

DISTRIBUTION:

1- Each Section

1- Bulletin Board

1- Unit File